

Cooking for Kids

Recipe Sizing Report

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May 16, 2022

000501 - Italn Garbanzo Bean Slad CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
016058 CHICKPEAS (GARBANZO BNS,BENGAL GRAM),MAT...	8 cups	1. Place chickpeas in a large bowl.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 901062 ONIONS,RED,RAW..... 011979 PEPPERS,JALAPENO,RAW..... 002044 BASIL,FRESH..... 050385 OIL, VEGETABLE..... 799939 GARLIC,RAW..... 009161 LIME JUC,CND OR BTLD,UNSWTND.....	16 5/8 cup 1 1/4 cups + 1 Tbsp 1/4 cup 1 1/4 cups + 1 Tbsp 1 1/4 tsp 1/3 cup 1/3 cup	2. Medium dice tomatoes, dice onions, small dice jalapenos, chiffonade basil, and add all into a large bowl along with oil, garlic, and lime juice. 3. Mix until combined. Place mixture in refrigerator and let sit for at least 30 minutes before serving.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	98 kcal	Cholesterol	0 mg	Sugars	*3.2* g	Calcium	48.07 mg	18.39%	Calories from Total Fat
Total Fat	2.00 g	Sodium	218 mg	Protein	5.07 g	Iron	1.38 mg	2.12%	Calories from Saturated Fat
Saturated Fat	0.23 g	Carbohydrates	16.57 g	Vitamin A	1132.2 IU	Water ¹	*186.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.02 g	Vitamin C	19.1 mg	Ash ¹	*1.53* g	67.82%	Calories from Carbohydrates
								20.75%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.